



Sunday, October 3

The Tender and Delicate Art of Accountability

The Rev. Lane Campbell

As a covenantal faith, Unitarian Universalists should be no strangers to making promises with one another in community. But what happens when promises are broken? How can we truly begin again with one another? Let us explore the art of accountability for our words and our actions together. Rev. Campbell is settled minister at the First Universalist Church of Rochester.

Monday, October 4

7:00 p.m., Listening Circle

Wednesday, October 6

8:00 a.m., Building & Grounds Committee Meeting
6:30 p.m., Church Council Meeting

Thursday, October 7

7:00 p.m., Sermon Writing Workshop

Sunday, October 10

Living Without Answers

The Rev. James Galasinski

Life presents us with a series of questions. When the questions become too abstract, like “is the universe a loving place?” we can’t fully answer them without more context. Sometimes tragedy strikes and we have to live without answers.

1:00 p.m., UUGeos meet at Tooley Pond

Tuesday, October 12

9:00 a.m., Sacred Texts and Coffee

Wednesday, October 13

1:00 p.m., Communications Committee Meeting

Mindfulness Meditation, led by Charlie Bradt, is offered Thursdays at noon. Contact Charlie or the [church office](#) for more information.

Sunday, October 17

Giving Up on Helping

The Rev. James Galasinski

In general, it is good to help others. But sometimes the desire to help can come from a place of power and privilege. Working with others to solve problems is much a better way.

Monday, October 18

7:00 p.m., Worship Committee Meeting

Tuesday, October 19

6:30 a.m., Religious Education Committee Meeting

Wednesday, October 20

7:00 p.m., Science Book Club

Thursday, October 21

7:00 p.m., Sermon Writing Workshop

Sunday, October 24

TBD

1:00 p.m., Pumpkin Palooza

Thursday, October 28

7:00 p.m., 4th Thursday Listening Circle

Saturday, October 30

10:30 a.m., Hike at Indian River Nature Center

Sunday, October 31

A Pumpkin Community

Carol Zimmerman, DRE and Shelby Hunkins, ADRE
Pumpkins, pumpkins, and more pumpkins! Can an abundance of pumpkins cultivate a community? Listening to the story “Too Many Pumpkins” by Linda White we might get some insights. All are invited to come dressed in a Halloween costume.

11:30 a.m. Annual Congregational Meeting

Dual Platform Worship Services continue! A limited number of people are allowed to attend worship in person. Proof of vaccination is required for anyone 12 years and older. We continue to offer online worship, as well. Find detailed instructions about connecting via Zoom [here](#).

THE REV. JAMES' JOURNAL

Cultivating Relationship



For two years I was a licensed stock broker; people paid me to give them financial advice. But my real job was to gather assets and match people with investment products and insurance that fit their needs and aspirations. In other words, I was in sales. I attended many seminars and classes on how to build relationship in order to get people to trust me. I took a lot of people out to lunch. I developed a system of contacting clients. Looking back at that time I have realized that every relationship I authentically cultivated was holy and good, even if I didn't get the sale.

Our congregation needs to get back to the basics of who we are. Creating relationship has to be one of the most important things we do as a faith community. We listen to each other's journeys and share each other's experiences because we want to build beloved community. We are in relationship with the sun and the moon and each other. Relationship itself is holy.

When we cultivate relationships and share in the journey of life together it feels good. It is a natural high. After all, we are relational beings. Cultivating relationship with each other is good and right to do, especially when the product we are selling is beloved community.

In Peace,

The Rev. James Galasinski

FAITH ENGAGEMENT

"The ancient question, "Who am I?" inevitably leads to a deeper one, "Whose am I?" – because there is not identity outside of relationship. You cannot be a person by yourself. To ask "Whose am I?" is to extend the question far beyond the little self-absorbed self, and wonder: Who needs you? Who loves you? To whom are you accountable? To whom do you answer? Whose life is altered by your choices? With whose life, whose lives is your own all bound up, inextricably, in obvious or invisible ways?" ~ Douglas Steer

The foundation of our faith is about being in relationship. As Steer suggests in the quote above, it is in relationship with others that we come to know ourselves. The relationships we cultivate in this faith community shape who we are.

As we continue to live amid this pandemic, finding safe ways to be in relationship can seem daunting and overwhelming. This year our religious education program is looking for ways to cultivate new relationships and rebuild our existing relationships. We will be hosting virtual all-ages events approximately every six weeks, like the upcoming **Pumpkin Palooza!** As part of this programming, we will offer outdoor religious education for our children and youth.



Relationships shape who we are. Being part of the religious education program this year can offer many ways to cultivate relationships – coming together to pack home kits, deliver these kits, help on Sundays during outdoor RE, write postcards, and so much more. If you are interested in being part of the program this year, please reach out to Carol at dre@uucantonny.org or Shelby at adre@uucantonny.org

Whose are you? Maybe being part of religious education this year will help answer that question. May it be so.

Carol Zimmerman, Director of Religious Education

FROM OUR PRESIDENT



The cooler evenings and changing leaves remind me that we've left summer behind and are heading into fall. Driving through the Adirondacks last weekend, I was struck by the beauty of this time of year.

I find fall to be a time to renew my spirits, before we head into the deep of winter. One of the ways I plan this year to do this is by focusing my daily meditation on gratitude.

The last two years have not been the easiest to practice gratitude. More often, much of my energy has just been spent surviving. While this has been necessary, I realize I've been missing the joy of the simple things in my life.

One of the things I'm most grateful for is this church community.

Jenn Whittaker, Church Council President

JOYS AND SORROWS

♥ Joyous congratulations to Sam Bailey and Ellie Recinos on the birth of their daughter Margaret, and hearty hugs to Margaret's grandparents Bobbi Haldane and Roger Bailey.

♥ We continue to hold Jim Rudd and his family in our hearts and thoughts; they are grateful for visits and cards and are appreciating the support of Hospice.

♥ Our thoughts are also with Dave Weissbard as he recovers from a serious infection, and we're cheering for him to be fit as a fiddle to celebrate the marriage of his and Karen Wells' daughter Hilary later this month.

♥ We will fondly remember our friend and long-time church member Janet Green at a memorial service at our church on Saturday, October 16, at 10 a.m.

THANK UUS

- Thanks to Ben Budelmann, Miles Manchester, Louis Tremaine, Pete Wyckoff, Bobbie Haldane, Erik Whittaker, Gary Hoose, Roger Hutchison, Stefan Grimberg, and Pete Beekman for spending an afternoon pruning our shrubs and trees.
- Many thanks to Pat Alden for her years of dedicated service to the Church & Community Program

ANNUAL CONGREGATIONAL MEETING

Sunday, October 31 after worship

The annual congregational meeting of our church will be held on Sunday, October 31, immediately after worship. This is the meeting where we hear reports from the Minister, the Director of Religious Education, the Church Council President, the Treasurer, and the Chair of the Budget and Finance Committee. In addition to that, we vote on new Council members and other appointed positions. All are welcome to attend but only members may vote. Please watch enews and our website for the full reports as they become available.

SOUL MATTERS & LISTENING CIRCLES

You may have heard the words “Soul Matters” floating around in the last year or so. Any idea what that is? It’s a resource and guide developed by a group of UUs that offers in-depth and extensive materials for faith development. The system is based on monthly themes, and there are specific packets for small group work, worship, religious education, and even music. The creators of this curriculum have compiled an incredible amount of focused information, to which we can now avail ourselves.



Our church purchased a Soul Matters subscription last year so we could offer small group ministry (Listening Circles) while we were confined to online interactions. The material was so impressive that we decided to subscribe again this year. Listening Circles are beginning again. If you are interested in participating in a monthly small group to discuss and reflect on your spirituality, please [email the office](#) to sign up. There is still space in the 4th Thursday Circle, which meets at 7p.m. (Not sure you want to commit? Listen to Carol Zimmerman’s personal story about Listening Circles [here](#).)

But wait... there’s more! Even if you don’t want to commit to a Listening Circle, we plan to share some of the messages and inspiration included in the material. Each month we will feature the designated theme in our newsletter and share links, quotes, or resources that we find particularly compelling. It’s our hope that these nuggets of goodness will spark thought, discussion, and connection among us. We’ll post prompts on Facebook, include snippets in enews, and encourage you to share with others the things that speak to you. Let’s make it our mission to spread inspiration and hope this church year!

The themes for 2021-2022 look fabulous:

Embracing Possibility – Cultivating Relationship – Holding History – Opening to Joy – Living with Intention - Widening the Circle – Renewing Faith – Awakening - Nurturing Beauty – Celebrating Blessings

Feels good just to read those themes, doesn’t it?

OCTOBER: CULTIVATING RELATIONSHIP

Building community is to the collective as spiritual practice is to the individual.

Grace Lee Boggs

Here is a beautiful story about being present:

[Look With Your Heart: Lessons From Time With My Grandmother](#)

What's the wisest thing you were ever taught about cultivating relationships?

Calling all History Buffs

Join Our Church History Circle!

Have you noticed the small date on our church's sign and asked "What happened in 1825"?

Ever wondered how our church came to be out here in the North Country wilderness?

Who were the folks who gathered this congregation so many years ago?

Who were the people who inhabited these lands before the settlers arrived?

What has our congregation accomplished over the last 200 years?

What is our connection to St. Lawrence University?

How has our congregation affected the very nature of our communities in St. Lawrence County?

Who have our leaders been over the centuries?

Why did they choose to devote their time and treasure to this enterprise?



With our bicentennial coming up in 2025, the members of the church history circle are starting to dig for answers to these and other questions. If you are intrigued by this project, we hope you will be interested in spending some time this year to delve into and preserve our archives, and to research the Universalist movement in the North Country. The information we gather will provide direction to our bicentennial planning and hopefully allow us to create a formal historical record of our movement here.

On September 26, a core circle of searchers met to develop a plan to answer these questions... **but we'd love to have more searchers!** We can use whatever time you can devote to this effort. For information, please contact the church office with your contact details and we will be in touch.



UUGeos Circle

Enjoy the autumn colors and hidden waterfalls with the UUGeos! Our final geocaching outing for 2021 is Sunday, October 10, at 1:00 p.m. touring the falls on beautiful Tooley Pond Road. We will discover new geocaches at Sinclair Falls, Twin Falls, Stewart Rapids, Bulkhead Falls, and Copper Falls.

Meet at the parking area for Sinclair Falls at the corner of Lake George Road and Tooley Pond Road. The GPS coordinates of the meeting place are N44 20.267 W75 02.723. Dress appropriately for

hiking. Snacks will be provided. Come enjoy this fun family-friendly activity with our team! Contact Caron or Phil Collins for details on geocaching. For more information about Sinclair Falls [here](#) is a helpful website. Hope to see you there!

UU Veggie Gardeners Circle

What fun our group has had together this year! We've learned about early season gardening, flower gardening, small space gardening, elderberries, harvest season abundance, and – most of all – we've made friends with fellow gardening enthusiasts.

We meet on Zoom or outside and we share stories of our gardening successes and failures. Our circle continues to be a bright community in this difficult time. Are you a gardener that wants in on the fun? Email the church office to sign up.



Sacred Texts and Coffee

After three years of slowly reading the Tao te Ching, we are moving on to other sacred texts like Psalms and the Letter of James. If you were ever interested in the group and thought about joining, this would be a great time to start. There is no homework or preparation. We read the texts and discuss them in our meeting. If you have any questions, please contact [the Rev. James Galasinski](#).

Do you have a hobby or vocation that fills you with joy?
Consider starting a UU learning circle to share your expertise and make new friends. Contact Sara at office@uucantonny.org with your ideas.

LIVE MUSIC
Every Sunday!

Here's what a congregant said a couple of Sundays ago: "I can't believe how much better the music sounds live than it sounds on Zoom." That's for sure! So if you are able, plan to attend our in-church services on Sunday. You'll hear a variety of musicians singing and playing the flute, piano, guitar, violin, and other instruments. And you can hum along to the hymns. Even on Sundays with a Zoom sermon you can come to the church to participate in the service and enjoy the sounds of music in our resonant sanctuary.



UPCOMING ACTIVITIES & WORKSHOPS



Sermon Writing Workshop

*Thursdays, September 30, and
October 7 & 21, 7 – 9pm*
The Rev. James Galasinski

In the first two sessions, we will cover the dos and don'ts

of preaching and examine what makes a good sermon. The assignment will be to write a 10-minute

sermon (about 1,000 words). Then we will meet again to preach that sermon in a workshop format. The class will be your congregation and we will give you critical feedback. *Please*

sign up by emailing office@uucantonny.org.



PUMPKIN PALOOZA!!!



Join us on Sunday, October 24, at 1pm for a virtual cooking and craft event for all ages. Turn your pumpkin into a *gourd-eous* creation or squash it into a *flavor-fall* dish! Our religious education program will supply you with the pumpkin and you will provide the creativity. If you would like to participate, look for details on the church website, in enews. and on our Facebook page.

Indian Creek Nature Center Hike

Saturday, October 30 at 10:30 a.m.

Led by Roger Hutchinson; details to follow.



FACEBOOK HOT TIPS!



Did you know you can adjust your Facebook settings to show your favorite pages and groups first? If you notice your Facebook feed fills with things that aren't particularly interesting to you, and often times you don't even see posts from the church or other places that you'd like to see, there is a way to change your settings. Communications Committee member Katie Boczarski has compiled detailed instructions for all devices.

Here is the condensed version for people very familiar with Facebook mechanics and quick learners: Menu-> Settings & Privacy -> Newsfeed Preferences -> Manage Favorites - Click star next to favorite pages. (Like, share, and comment to see them even more!)

On desktop:

From the Facebook home screen, click on the inverted triangle in the top right corner. Click on "Settings & Privacy" and then "News Feed Preferences." A pop-up box will appear. Click on the "Manage Favorites" option. On the next screen, search for the church's page (Unitarian Universalist Church of Canton) and click the star next to the page's name.

On mobile (Apple):

From the Facebook home screen, click on the menu icon ("hamburger") in the bottom right corner. Scroll to the bottom and click on "Settings & Privacy." Options will then be listed below. Click on "Settings." Under the "Preferences" section, click on "News Feed" and then on "Favorites." On the next screen, search for the church's page (Unitarian Universalist Church of Canton) and click on the blue "Add" button.

On mobile (Android):

From the Facebook home screen, click on the menu in the top right side (below the Messenger icon). Scroll to the bottom and click on "Settings & Privacy." Options will then be listed below. Click on "Settings." Under the "News Feed Settings" or "Preferences" section, click on "News Feed/Preferences." Click on "Prioritize who to see first." Scroll until you find the church's Facebook page (Unitarian Universalist Church of Canton) and click on the picture. A star will appear next to the profile picture.

Taking these easy steps will prioritize the church in your Facebook feed, so you will see them first on your news feed. The more you interact with the church's posts, the more priority the page will be given, so like and comment as much as possible!

JOIN A FACEBOOK GROUP!

Once you're all set, and sure you're seeing the church's posts regularly, keep your eye out for some new Facebook groups that will be forming. These will offer opportunities for more focused and private information sharing and conversations. Interested in starting or joining a Facebook group? Let the [Communications Committee](#) know and we'll get it going!

Did you make it this far in the newsletter? If so, please go to the [church's Facebook page](#) and post a message or photo that shows you read the WHOLE thing. Not a Facebook user? [Email](#) or call the church office and tell us "Yes, I read the WHOLE thing!" (Everyone who responds will be entered in a drawing for a fun UU prize!!)

Minister's Sabbatical

The Rev. James Galasinski will be taking a five-month sabbatical from January through May 2022 to focus on his writing. James is lining up pulpit guests in his absence and working with our Pastoral Care Team, staff, and Church Council to ensure a smooth transition. If you have any questions, please contact the [Rev. James Galasinski](#).

Unitarian Universalist Church of Canton

Creating a welcoming, compassionate faith community,
committed to social justice and open to wonder.

Together we strive to:

- Foster a spirit of inclusion and connection
- Encourage exploration of truth and meaning
- Nurture respect for all life and the environment
- Live our values in the North Country and in the wider world

The Unitarian Universalist Church of Canton

The Rev. James Galasinski, Minister
Carol Zimmerman, Director of Religious Education; Shelby Hunkins, Assistant Director of Religious Education
Sara Trimm, Congregational Administrator
Betsy Kepes, Music Coordinator
The Revs. Anne Marsh and Wade Wheelock, Ministers Emeriti

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